

Grilled Cauliflower Steaks

Ingredients

- 2 large cauliflower heads
- ¼ cup olive oil
- 2 limes
- 1 Tbsp. honey
- 2 Tbsp. chile powder
- 1 Tbsp. chipotle powder
- 1 tsp. garlic powder
- 1 tsp. kosher salt
- ½ tsp cumin

Garnish

- ¼ cup finely chopped cilantro
- 1 lime cut into wedges to serve

Instructions

1. Preheat grill to 425 F
2. Trim stem and remove green leaves from cauliflower. Lay veggie flat on a cutting board (stem side down). Cut small portion off two sides, then create 3 – 4 “steaks” about ¾ inch thick. Save remaining florets for another recipes. Place “steaks” on a lined sheet pan and set aside.
3. Zest 1 of the limes into a bowl. Add olive oil, ¼ cup lime juice, honey, chile powder, garlic and chipotle powders, salt, and cumin. Whisk together and baste the tops of each of the cauliflower steaks.
4. Place cauliflower on the grill and baste tops before closing lid. Grill for 5 minutes. Use tongs to carefully turn cauliflower steaks over. Continue grilling another 5 minutes. Baste with any remaining chile sauce.
5. Serve with chopped cilantro and lime wedges.

Nutrition Information

Servings per recipe: 4

Serving size: 1 cauliflower steak

Calories: 193

Saturated fat: 1.9 g

Carbohydrates: 18.3 g

Sodium: 581 mg

Fat: 13.5 g

Grilled Eggplant

Ingredients

- 2 tablespoons fine sea salt, plus more for sprinkling
- 1 cup warm water
- 6 to 8 cups cold water
- 3 medium eggplants
- 1/3 cup [olive oil](#) (approximately)

Instructions

1. In a large bowl, dissolve the 2 tablespoons of salt in 1 cup warm water; stir until the salt is fully dissolved. Add 6 to 8 cups cold water. Set the [brine](#) aside.
2. Cut off and discard the stem end of the eggplant.
3. Cut the eggplant into 3/4-inch thick slices (either diagonal, crosswise, or lengthwise).
4. Place the slices in the saltwater brine.
5. Weigh the eggplant slices down with an upside-down plate; let soak for at least 30 minutes or up to an hour.
6. Meanwhile, heat a [charcoal or gas grill](#) to medium-high heat. You should be able to hold your hand about an inch above the cooking grate for 3 to 4 seconds before pulling it away from the heat.
7. Drain the eggplant and pat it dry with paper towels or a clean kitchen towel.
8. Lay the slices on a large [baking sheet or tray](#). Brush one side with olive oil and sprinkle with salt
9. Place the slices with the oiled side on the grill. [Close the lid](#) if using a gas or electric grill and cook until grill marks appear; about 5 minutes.
10. Brush the top sides of the slices with oil and sprinkle them with salt. Turn the slices over, close the lid of the grill, and cook until grill marks appear on the other side and the eggplant is very tender; about 5 more minutes.
11. Serve hot or at room temperature.

Nutrition Information

Servings per recipe: 6 to 8

Calories: 178

Carbohydrates: 25 g

Fat: 10 g

Saturated fat: 1 g

Sodium: 239 mg

Grilled Peaches with Arugula and Goat Cheese Salad

Ingredients

- Cooking spray
- ¼ cup balsamic vinegar
- 2 tbsp. honey
- 3 medium peaches, pitted and cut into 6 wedges
- 1 tbsp. extra virgin olive oil
- Salt and freshly ground black pepper to taste
- 10 cups arugula, loosely packed
- 2 tbsp. goat cheese

Instructions

1. Prepare grill to high heat
2. Spray grill rack with cooking spray and set asides
3. In small saucepan over medium – high heat, bring vinegar to a boil
4. Reduce heat and simmer until vinegar is reduced to 2 tbsp. (~2 min)
5. Remove from heat and stir in honey. Cool to room temperature
6. Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.
7. In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese



Nutrition Information

Servings per recipe: 10

Calories: 124

Total fat: 5 g

Saturated fat: 1.5 g

Carbohydrate: 19 g

Sodium: 38 mg

Source: American Institute of Cancer Research

Grilled Vegetables 101

Ingredients

- 3 red bell peppers, seeded and halved
- 3 yellow squash (about 1 pound total), sliced lengthwise into 1/2-inch-thick rectangles
- 3 zucchini (about 12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles
- 3 Japanese eggplant (12 ounces total), sliced lengthwise into 1/2-inch-thick rectangles
- 12 cremini mushrooms
- 1 bunch (1-pound) asparagus, trimmed
- 12 green onions, roots cut off
- 1/4 cup plus 2 tablespoons olive oil
- Salt and freshly ground black pepper
- 3 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- 1 teaspoon chopped fresh Italian parsley leaves
- 1 teaspoon chopped fresh basil leaves
- 1/2 teaspoon finely chopped fresh rosemary leaves

Instructions

1. Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat).
2. Brush the vegetables with 1/4 cup of the oil to coat lightly. Sprinkle the vegetables with salt and pepper.
3. Working in batches, grill the vegetables until tender and lightly charred all over, about 8 to 10 minutes for the bell peppers; 7 minutes for the yellow squash, zucchini, eggplant, and mushrooms; 4 minutes for the asparagus and green onions. The key to getting those great grill marks is to not shift the vegetables too frequently once they've been placed on the hot grill.
4. Arrange the vegetables on a platter.
5. Meanwhile, whisk the remaining 2 tablespoons of oil, balsamic vinegar, garlic, parsley, basil, and rosemary in a small bowl to blend. Add salt and pepper to taste. Drizzle the herb mixture over the vegetables. Serve the vegetables, warm or at room temperature.

Nutrition Information

Servings per recipe: 10

Serving size 1/10

Calories: 132

Saturated fat: 1 g

Carbohydrates: 13 g

Sodium: 238 mg

Fat: 9 g

Source: Food Network